**Topic**For this Research Project, I have decided to research the different types of Anxiety Disorders. The reason I chose this topic is because my first topic on Youth Suicide was not appropriate as the methodology was unethical. I understand that therefore instead of potentially harming people through surveys, I decided to change my topic to the different types of Anxiety Disorders – which is a personal interest to me.

**Guiding Questions**For this topic, I have developed a set of focus questions that will frame my research:

* What is an anxiety disorder?
* What happens in the brain during anxiety?
* What are the types of anxiety disorders and what are the symptoms?
* What treatment methods are there for anxiety sufferers?
* What are the statistics on anxiety sufferers in Australia?

**Research Methods**For this research project, I plan on using various research methods that are quite common in research. Upon using these methods, I will be able to strengthen these skills and apply them at a higher standard in future research tasks in my tertiary education. I plan on:

* **Resource Centre:** locating books, encyclopaedias and any other hard materials on the different types of Anxiety Disorders.
* **Internet:** finding information using various search engines such as EBSCOHOST, Google, Beyondblue and other internet material. *I will need to analyse these sites for credibility.*
* **Support Agencies:** I will try and contact Beyondblue and all those types of agencies and get their contribution using brochures they have provided to spread awareness on anxiety disorders.

**Capabilities**Out of all 5 capabilities, I have identified that the capabilities that are associated with this research project are:  
Learning: it is the main element in any research project – we strive to learn more about our topic and use the knowledge gained to contribute to other research projects based on anxiety disorders.  
Personal Development: as this is a research project that I can personally relate to, I will be able to apply the knowledge I have obtained to myself. As this is also a subject that is needed to obtain the SACE, it will also challenge me to do my best and pass this subject to be successful in the future along with other research projects. Upon completing this project, I am hoping the skills I have developed are developed to a greater standard.

**Presentation**I decided that I will decide to present my research in an essay as I would like this to contribute to my ATAR score. I believe by presenting it this way, I will be able to evaluate my methods more and have a greater understanding of what I have learnt.

**Ethical Consideration**As I am presenting this in an academic research piece, I will need to make sure I reference all materials to prevent any plagiarism.